

LMAC October 2020 (revised 10-11-2020)

GROUP	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Notes:	OCT 5	OCT 6	OCT 7	OCT 8	OCT 9	OCT 10	
Snr FULL	<p>*All practices take place at Lawrence Park Swim Club.</p> <p>*Arrival is 10-15 min prior to start time.</p> <p>*Please follow all Practice & COVID 19 Procedures</p>	Dry: 4:15-5:30p	Dry: 4:15-5:30p		4:15-6:15p	4:15-6:00p	8:30-10:00a	
Snr BL		Dry: 4:15-5:30p		Dry: 5:15-6:30p	4:15-6:15p		8:30-10:00a	
Snr WH			Dry: 4:15-5:30p	Dry: 5:15-6:30p		4:15-6:00p		
11-14 BL		Dry: 5:15-6:15p		4:15-5:30p	6:15-7:30p		10:00-11:30a	
11-14 WH			Dry: 5:15-6:15p	Dry: 6:30-7:30p			12:30-1:45p	
10 & U BL				5:30-6:30p		6:00-7:00p	11:30a-12:30p	
10 & U WH				6:30-7:20p			1:45-2:45p	
MP #1				OFF			OFF	10:00-10:35a
MP #2				OFF			OFF	10:40-11:15a
MP #3			OFF			OFF	11:20-11:55a	
	OCT 11	OCT 12	OCT 13	OCT 14	OCT 15	OCT 16	OCT 17	
Snr FULL	8:30-10:00a	4:15-6:00p	4:15-6:15p		4:15-6:15p	4:15-6:00p	8:30-10:00a	
Snr BL		4:15-6:00p		Dry: 5:15-6:30p	4:15-6:15p		8:30-10:00a	
Snr WH	8:30-10:00a		4:15-6:15p	Dry: 5:15-6:30p		4:15-6:00p		
11-14 BL	12:15-1:45p	6:00-7:15p		4:15-5:30p	6:15-7:30p		10:00-11:30a	
11-14 WH	10:00-11:15a		6:15-7:30p	Dry: 6:30-7:30p			12:30-1:45p	
10 & U BL	1:45-2:45p			5:30-6:30p		6:00-7:00p	11:30a-12:30p	
10 & U WH	11:15a-12:15p			6:30-7:20p			1:45-2:45p	
MP #1			4:30-5:05p			4:30-5:05p (make up)	10:00-10:35a	
MP #2			5:10-5:45p			5:10-5:45p (make up)	10:40-11:15a	
MP #3			5:50-6:25p			5:50-6:25p (make up)	11:20-11:55a	
	OCT 18	OCT 19	OCT 20	OCT 21	OCT 22	OCT 23	OCT 24	
Snr FULL	8:30-10:00a	4:15-6:00p	4:15-6:15p		4:15-6:15p	4:15-6:00p	8:30-10:00a	
Snr BL		4:15-6:00p		Dry: 5:15-6:30p	4:15-6:15p		8:30-10:00a	
Snr WH	8:30-10:00a		4:15-6:15p	Dry: 5:15-6:30p		4:15-6:00p		
11-14 BL	12:15-1:45p	6:00-7:15p		4:15-5:30p	6:15-7:30p		10:00-11:30a	
11-14 WH	10:00-11:15a		6:15-7:30p	Dry: 6:30-7:30p			12:30-1:45p	
10 & U BL	1:45-2:45p			5:30-6:30p		6:00-7:00p	11:30a-12:30p	
10 & U WH	11:15a-12:15p			6:30-7:20p			1:45-2:45p	
MP #1			4:30-5:05p			4:30-5:05p (make up)	10:00-10:35a	
MP #2			5:10-5:45p			5:10-5:45p (make up)	10:40-11:15a	
MP #3			5:50-6:25p			5:50-6:25p (make up)	11:20-11:55a	
	OCT 25	OCT 26	OCT 27	OCT 28	OCT 29	OCT 30	OCT 31	
Snr FULL	8:30-10:00a	4:15-6:00p	4:15-6:15p		4:15-6:15p	<p>1st Annual LMAC Trick & Flick!</p> <p>CLICK HERE to RSVP</p>	8:30-10:00a	
Snr BL		4:15-6:00p		Dry: 5:15-6:30p	4:15-6:15p		8:30-10:00a	
Snr WH	8:30-10:00a		4:15-6:15p	Dry: 5:15-6:30p				
11-14 BL	12:15-1:45p	6:00-7:15p		4:15-5:30p	6:15-7:30p		10:00-11:30a	
11-14 WH	10:00-11:15a		6:15-7:30p	Dry: 6:30-7:30p			12:30-1:45p	
10 & U BL	1:45-2:45p			5:30-6:30p			11:30a-12:30p	
10 & U WH	11:15a-12:15p			6:30-7:20p			1:45-2:45p	
MP #1			4:30-5:05p				10:00-10:35a	
MP #2			5:10-5:45p				10:40-11:15a	
MP #3			5:50-6:25p			11:20-11:55a		